

# ADVENTURE SPORTS FESTIVAL

September 6-7, 2013 • Downtown North Bend, WA



## Join the ADVENTURE...



### Adventure Festival

Saturday, September 7th, 11-7pm

- Zip Line • Monkey Motion • Rockwall • Inflatable Obstacle Course
- Parkour Demo • Laser Tag • Paintball Target Shooting
- Adventure Sport Expo • Live Music
- Geo Cashing - Treasure Hunt with Compass Outdoor Adventure



### Mount Si Run

Friday, September 6th, Pre-Race at 9:30am

Sign up at: [www.proguiding.com](http://www.proguiding.com) or call 425-888-6397

Despite its moderate elevation of 4,167 feet, it boasts an impressive 3,600 feet of vertical gain from the parking lot to the summit. This race has the makings of a classic.



### Iron Horse Relay

Saturday, September 7th, Starts at 8:30am

Sign up at: [www.ironhorserelay.com](http://www.ironhorserelay.com)

Teams in a relay format and Solo racers attack 70 miles of paddling, riding and running from Keechelus Lake to North Bend in the Washington Cascades.

